

# Daily Word



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OUR NEW PUBLICATION

ANNUAL FOUNDED  
JANUARY 1944

# Class Thoughts

**PEACE . . .** In the name of the Lord Jesus Christ we pray for and decree a permanent peace, uniting all the nations of the earth in a league of justice and righteousness, in which the life, liberty, and love of God shall be paramount.

**PRAYER FOR WORLD LEADERS:** Through the Christ mind you are unified in thought, purpose, and understanding for the good of all humanity.

**DEC. 20 to JAN. 19**

**ILLUMINATION (11 a. m.):** I am born anew in Christ.

**PROSPERITY (12 noon):** The gifts of the Christ are showered upon me, and I am a magnet that attracts only the good.

**HEALING (9 p. m.):** The harmonizing, unifying power of divine love heals me, and I am born anew in Christ.

**JAN. 20 to FEB. 19**

**ILLUMINATION (11 a. m.):** In quietness and confidence I turn to the infinite source of wisdom within me, and I am illumined in all my ways.

**PROSPERITY (12 noon):** My thought is rich with the bounty of God.

**HEALING (9 p. m.):** In quietness and confidence I realize the perfection of the Spirit of health.

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# DAILY WORD

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# *Happy New Year!*

WILLIAM A. CLOUGH



ON A MOTOR trip last summer we wanted to transfer from one through highway to another. A filling station attendant told us of a cross road that he said would cut off a good many miles.

It was an old road, and the farm houses we passed were few and far between. The road wound through forests a good deal, and after a while there was no more paving and it was just a dirt road, bumpy and muddy in spots. We began to grow tired of it and regretful and anxious.

Then suddenly we came around a bend out of the woods and there right before us was a new superhighway, stretching out like a ribbon as far as the eye could see. Our hearts lifted, smiles spread over our faces, as with just a twist of the wheel we rolled from the old to the new.

I remember attending a watch service one New Year's Eve. As midnight drew near the gathering sat silent listening to the measured ticking of the clock. All was still. Suddenly the clock whirred and the gong struck. Outside bells began to ring and horns began to blow. Instantly we were all smiling, moving about, saying "Happy New

Year!" to each other. In a twinkling the old had changed to the new.

The new is only an instant from the old, just a thought away. What a glorious truth this is. All can be changed. All can be new.

The new highway is just around the bend. There is just one little instant between December and January, just a tick of the clock between the old year and the new. In a flash that which has been is gone forever, and a splendid new opportunity is at hand.

When we say "Happy New Year!" we are echoing God's voice. We are speaking with our lips what He is saying to our spirit. "Happy New Year!" is more than a wish. It is a benediction, a blessing. It is another way of saying "God bless you."

This yearning we all feel for happiness for ourselves and for others is really a yearning for God, for good. We say, "Happy New Year!" because instinctively we know that happiness is in the new year. It is in the new moment, the moment that is forever now, forever new. Happiness is meant for us, and we for it. Jesus declared it when He said: "That my joy may be in you, and *that* your joy may be made full."

Life is meant to be good. I know that God is good and only good, that His spiritual image of

me is good. I know that when life is not good there is nothing wrong with the divine plan. It is because I have not learned to live by it, because I have made mistakes. But still the voice of Spirit within says: "Fret not, fear not, regret not. Happy New Year!"

There is glorious opportunity in the new year. All good is in it for you and for me. We do not know what the year may hold in the way of external occurrences. We do not know what material changes may come about. But this year can and will be the best and happiest we have known if we seek with all our heart to find more and more of God in it. Seeking we shall find.

Along the way of this new year we shall come upon bright new vistas. We shall discover scenes of rare beauty. We shall find new ways to guide our thoughts into constructive channels. In this new year we shall learn how to live. The greatest teacher of all is our teacher, for we have Christ within our own spirit to teach us.

I used to think in a vaguely hopeful sort of way at the start of a new year: "Maybe this will be a better year. Maybe a lot of good things will happen this year." Then I went on living and thinking in January just as I had done in December.

Now I know I have to bring the good into be-

ing. I know that whether 1949 is a happy year or not depends not on changes occurring in the year but on changes occurring in me.

New Year's Day comes but once every twelve months, according to the calendar devised for our convenience. But in God's eternal calendar every moment is the dawn of a new year. We do not have to wait to tear off the December leaf. We can begin again in our new moment now.

God is forever saying "Happy New Year!" to us every day, every single moment of the day. He is forever telling us to "ring out the old, ring in the new," forever bringing us to the end of the old road and spreading a new highway before us.

This is the new year and God is in it. Good is in it for you. Let go of your fearful thoughts, your critical thoughts, your remorseful thoughts. Leave every useless regret with the departed year. The Almighty is spreading a new highway before you. He is saying to you: "The first things are passed away . . . Behold, I make all things new."

Let something like this be your New Year's prayer:

"Father, I thank Thee for the new, for the everlasting chance to begin again. I let go of all problems and all fears. I forgive as I am forgiven. I love as I am loved. Thou art with me always. I thank Thee, Father."

## *Our Greater Good*

DODD WATKINS

"Thy will be done"  
Means nothing lost  
Or sacrificed at any cost  
Equal to the smallest part  
Of compensation in God's heart  
For those who open up their mind  
To areas beyond the kind  
Fashioned to fit the smaller view  
Seen by the outer self of you.

"Thy will be done"  
Is that larger span  
Which includes the simplest needs of  
man,  
And adds to these the larger scope  
Of the widest vision and the highest  
hope.  
It is all we can ever ask for, plus  
God's fuller measure as He thus  
Lifts our sights and lets us see  
His greater good for you and me.



## To Our Readers

WE WISH THAT it were possible for us to write to each of you individually and tell you how much we love you, how much we appreciate your acceptance of DAILY WORD as the living Christ message. We feel as Paul did when he wrote to the Thessalonians: "And for this cause we also thank God without ceasing, that, when ye received from us the word of the message, *even the word* of God, ye accepted it not *as* the word of men, but, as it is in truth, the word of God, which also worketh in you that believe."

The many wonderful letters we receive from you are an inspiration to us. We welcome your questions and your suggestions as gladly as we do your praise. We are asked the same questions frequently, and we think the answers to some of these questions are of general enough interest to share with all of you, our DAILY WORD readers.

We are often asked about the Class Thoughts which appear every month on the inside front cover of DAILY WORD. Some of our readers want to know why we have them and what their purpose is.

The story behind the Class Thoughts is an interesting and inspiring one. More than sixty years ago

Myrtle Fillmore, cofounder of the Unity movement, was healed through faith of an ailment that the doctors considered incurable. After her healing she was called on to help her friends and neighbors through prayer. The work spread and grew rapidly and marvelously, for every person who was helped passed the news on to others, and before long letters started to pour in.

Myrtle Fillmore answered all of these letters for a time, but when there were more than she could handle, she and her husband, Charles Fillmore, had the inspiration to send out just one thought to all those who wrote or called on them for prayers. This thought would be used for a month. It seemed to them that many persons, thinking about and meditating on one thought for a month, would build up a powerful force for good. The first class thought was written for the month beginning April 15, 1890. It was "God is all goodness and everywhere present. He is the loving Father, and I am His child and have all of His attributes of life, love, truth, and intelligence. In Him is all health, strength, wisdom, and harmony, and as His child all these become mine by a recognition of the Truth that God is all." As the personal healing work of the Fillmores expanded, the department known as Silent Unity came into being and took over the work of

handling the prayer requests and praying with all who needed spiritual help. Even though specific prayers to meet specific needs were now sent, Silent Unity continued the idea of using the class thoughts. They were now formulated into three thoughts to cover illumination, healing, and prosperity. During the war the prayer for Peace and the Prayer for World Leaders were added, and we are continuing to use these prayers for the blessing of the world.

Some of you have asked us how the DAILY WORD thought can be used for others, since the affirmation and many times the lesson is for the self only. If you wish to bless someone else with the DAILY WORD thought all you need to do is to change "I" and "my" to "you" and "your." For example, "The Spirit of Christ is the only life that lives and breathes in and through me" would be changed to "The Spirit of Christ is the only life that lives and breathes in and through you." As you read the lesson you can change the pronouns to "you" and make it into a blessing for your friend or dear one.

Sometimes a reader will ask us why we change the Bible; he says that the text we give is different from the one found in his Bible. We never change the Bible. But as you know there are several versions of the Bible and at Unity we usually use

the American Revised Version standard edition. This version differs in wording from the King James Version oftentimes. If you prefer the King James Version, of course that is what you should follow. Whenever the Bible text is taken from the King James Bible the letters A. V. Authorized Version follows it.

The first announcement of DAILY WORD was sent out in April, 1924. It read in part: "*Unity Daily Word* will devote a full page to each day, giving the word for meditation, instructions for its application, and a relevant passage from the Bible." This is the plan we still follow.

True overcoming of negative thinking is made through replacing the wrong kind of thoughts with the right kind of thoughts. This is what the thought for the day is intended to do. One of the comments we receive most frequently is "The thought for today seems to have been written just for me!" Or a reader may say, "How did you know what I needed!"

There are readers who tell us how they adapt the thought for the day to meet their specific need. Many times it can be done by changing just one word. For instance, if the thought reads, "I accept the Christ in every part of my life" you can add a word to make it apply to your particular need: "I accept the Christ justice in every part of

my life," "I accept the Christ happiness in every part of my life," and so on.

Of course you can always turn to the index in the front of the book and find a lesson that meets your particular need, which you can use in addition to the daily thought.

Each worker at Unity School has a copy of DAILY WORD in his desk, and every morning some seven hundred workers pause to pray before they begin their day's work, using the DAILY WORD thought for the day as their guide.

DAILY WORD is Silent Unity's word to you, written with you in mind. As day by day you incorporate thoughts of life, love, health, peace, and plenty into your mind through using your DAILY WORD you will build up a good, strong consciousness of Truth. You will find that there is no problem you cannot solve, no condition you cannot meet.

We pray that DAILY WORD may be a guiding light to you in the new year. We pray for the fulfillment of the desires of your heart in the days that lie ahead. We ask your prayers and blessings that we may have the wisdom and inspiration to continue to bring you the lessons, the articles, the poems that will help and guide you from day to day.

God bless you, friends!

# Saturday

JANUARY 1

THE HARMONIZING SPIRIT OF JESUS CHRIST  
PERVADES MY ENTIRE LIFE, AND ALL THINGS  
ARE ADJUSTED PERFECTLY.

**G**OD LOVES me and cares for me, so I have no fear whatever. Regardless of appearances I place myself completely in His capable hands and never doubt for a single moment that all things are absolutely possible to Him.

I let go of the belief that it is my affirmations that do the work by realizing that they simply serve to open my consciousness to the currents of divine healing. The harmonizing Spirit of God permeates every department of my life, and when I accept this as true, the most minute details of my life automatically begin to adjust themselves.

As I abide more and more in the realization of His omnipresence not only will the negation of which I am conscious be healed but all inharmonies in my subconscious mind or in my body, even though they are unknown to me, will be perfectly healed.

The Christ activity of redemption and healing is already at work in every part of my being.

• *Know ye not as to your own selves, that Jesus Christ is in you?*—II COR. 13:5.

JANUARY 2

*Sunday*

I ACCEPT THE CHALLENGE OF THE HIGH  
CALLING OF CHRIST JESUS.

**J**ESUS' compassionate love, His abounding faith, His strength and conviction of purpose, His clear vision and calm courage, all are a challenge that spur us on to live bravely, beautifully, and triumphantly.

It is not always easy to set our goal high; and often a valiant spirit is required to deny the seeming power of defeat or adversity. Yet there is no more satisfying experience than the proving of Truth in our daily life, and great is the inner joy that accompanies our decision to measure the values of life according to the Christ standard, to follow the Spirit of truth.

With the acceptance of the challenge comes a new surge of exhilaration, a feeling of inward power of which we were previously unaware.

We increase our faith by practicing it. We learn the Christ way of living by following Him, by seeking first the kingdom. We find that all good things are added unto us, even as it was promised.

☛ *For hereunto were ye called: . . . that ye should follow his steps.*—I PET. 2:21.

# Monday

JANUARY 3

IN MY HOUR OF NEED I AM GRATEFUL FOR THE UNDERSTANDING THAT GOD'S LOVING, COMFORTING PRESENCE UPHOLDS AND SUSTAINS ME.

**I**N TIMES of human trial and sorrow the understanding that God's loving, comforting presence is with us is a staff upon which we lean. This divine comfort is extended to us in many ways: in the peace and beauty of nature, in the kindness and thoughtfulness of friends, in the knowledge that truth and love and life are eternal and that sadness is a shadow that disappears. If it were not so then life would be bleak and unendurable, for sustained and unalleviated grief could not be borne.

It is the Spirit of God in us that gives us the courage to go on, the vision to see the light beyond the darkness. It is the knowledge of His abiding presence that comforts our heart and brings peace to our troubled mind. It is our faith in God's goodness that lifts us above despair and despondency and restores us to peace and serenity. We are never alone. He is ever with us to sustain and uphold and bless us.

✿ *The Spirit of the Lord . . . is upon me.*—ISA. 61:1.



MY FAITH LOOKS UP TO THEE, AND I MEET  
LIFE TRIUMPHANTLY.

**F**AITH is made up of three elements: belief, imagination, and action. All three are necessary if a mustard grain of my faith is to remove a mountainous problem that confronts me. I must remember when I look at the mountain that faith does not see its way through, but rather sees God and walks unhesitatingly up to and through the obstacle.

Belief in God, in His omnipotence, omniscience, and omnipresence, is the foundation for faith, the rock on which I build my life.

A daring imagination to dream out far enough to recognize the abundance of God is the second factor. It is easy to dream too small a dream, to live too small a life. God's life is an abundant, fruitful, victorious one!

The third factor of faith is action. By belief I throw back the screen that separates me from God's goodness; by imagination I widen my horizon until I approximate His pattern for me; then I go out today, now, and act!

☛ *Thy faith hath made thee whole; go in peace.*—LUKE 8:48.

# Wednesday

JANUARY 5

CHRIST IN ME HAS AUTHORITY TO FORGIVE  
AND HEAL.

“**T**HE SON OF man hath authority on earth to forgive sins.” The Son of man was not only embodied in Jesus; the Son is in each one of us. The Son is the Christ, the perfect one in us. The Son in us, the Christ in us “hath authority on earth to forgive sins.” “On earth” means in all earthly matters, all that pertains to the physical man.

The Psalmist says:

“If thou, Jehovah, shouldest mark iniquities,  
O Lord, who could stand?

But there is forgiveness with thee.”

There is forgiveness for us, there is forgiveness with us. Christ is in us, and His Spirit speaks from the depths of our being, saying, “Thy sins are forgiven.”

Essentially we are a spiritual being, essentially our nature is spiritual. Humanly we may err, but Christ in us does not err. Humanly we may feel that there is no forgiveness for us, but Christ in us knows only forgiveness.

❖ *The Son of man hath authority on earth to forgive sins.*—MATT. 9:6.

JANUARY 6

## Thursday

I AM FREE WITH THE FREEDOM OF SPIRIT.

**Y**OU ARE free with the freedom of Spirit. No matter how bound you have felt this is true.

There is nothing that can keep you in bondage, no person, no circumstance, no habit. You are free with the freedom of Spirit!

To anything that has limited you, that has kept you from experiencing a feeling of freedom and gladness say: "You have no power over me. God is the only power, and His Spirit is in me. I am free with the freedom of Spirit."

You cannot always—from a human standpoint—get away from circumstances, from persons that seem to bind you, but in Spirit you have never been bound, in Spirit you are eternally free. Realizing this, you can gain a sense of freedom even though to all appearances outer circumstances remain unchanged. The change in you will mean the difference between bondage and liberty. Where once you were bound, now you are free.

You are free from all that has made you unhappy, all that has hindered your progress, all that has grieved your heart.

• *For ye . . . were called for freedom.—GAL. 5:13.*

I INTRUST THE DESIRES OF MY HEART TO GOD, AND HE DIRECTS MY STEPS.

I INTRUST the desires of my heart to God. I know that they will be fulfilled in a perfect way at the perfect time. I trust God completely; I open my mind to His guidance, and I take the right steps toward my good, toward fulfillment.

I do what is to be done now with my whole heart. I do everything I can to improve the present moment. I know that my future good will come as a result of living each moment as perfectly as possible and of taking each new step in faith.

If I am inspired to some plan of action, I follow my inspiration. I may not be able to see all the way, but by acting on the ideas that come to me, I am certain of continual growth and progress, of ultimate fulfillment.

God has a divine purpose for me and He directs my way, one step at a time. Moment by moment, in ways that I may not presently perceive, God's good is being established in my life.

*A man's heart deviseth his way;  
But Jehovah directeth his steps.*

—PROV. 16:9.

"PERFECT LOVE CASTETH OUT FEAR."

**I**F I AM afraid of other persons, suspicious of their motives, jealous of their actions, envious of their accomplishments, I need to open my heart to love. "Perfect love casteth out fear."

When I am fearful of another in reality I am fearful of myself, I doubt my own powers and abilities. When I am jealous of another in reality I am filled with doubts as to my own worth. When I am envious of the accomplishments of another in reality I am admitting failure in myself.

"Perfect love casteth out fear." Perfect love begins with love of God, and I do not love God unless I love His presence in me. There is no fear in my heart when I know that I am a beloved child of God, in all ways worthy.

I do not love God unless I recognize and love His presence in all persons. I may not always be able to approve or understand the actions of others, but I do not fear anyone when I realize that he too is God's child, that God's presence is in Him.

✱ *There is no fear in love: but perfect love casteth out fear.—I JOHN 4:18.*

# Sunday

JANUARY 9

I LOVE THE LORD WITH ALL MY HEART, AND  
I LOVE AND PRAISE HIS PRESENCE IN ME.

JESUS CHRIST taught the indwelling presence of the Father. "I and the Father are one," "He . . . abideth in me, and I in him." Today I see myself glorified through God's presence in me. I see God in myself; I feel my oneness with Him. Through His Spirit in me I bless myself and all my affairs. Because I feel unified in spirit with the Father I am able to bless others. My recognition of His Spirit in them is my most perfect gift.

I will not spend this day trying to overcome some error. I will spend this day praising and blessing God and His presence in me. I will lift up His image in me and see myself as God sees me, free, perfect, loving, wise, strong, happy.

His presence within me blesses my body with divine life, my mind with divine wisdom. His spirit of love brings me a feeling of divine love and approval, and I relax and am at peace.

I love the Lord with all my heart, and I love and praise His presence in me.

✿ *And I, if I be lifted up . . . will draw all men unto myself.*—JOHN 12:32.

JANUARY 10

## Monday

GOD'S DIVINE JUSTICE IS NOW ESTABLISHED  
IN MY LIFE AND AFFAIRS.

**T**HERE IS no loss in Spirit, there is no injustice. Whatever the appearance, God is in charge of your life.

Though you may not be able to see why your life is as it is, though you may not be able to understand why you have to meet what seem to be hard experiences, you may be sure that God is with you through all, and in ways you know not of His blessings are given.

God loves and cares for you and blesses you with that which is your own. Believe this and never give up your faith in Him.

Even when to human sense there seems to be no way, with God there is always a way. Even when to human sense there seems to be no help, God's help is at hand.

Through the dark night His light shines. Through times of loneliness His love supports. Through times of doubt His Spirit gives you strength and says, "Fear not, all is well."

*The Lord is my helper; I will not fear:  
What shall man do unto me?*

—HEB. 13:6.

## Tuesday

JANUARY 11

THE LIGHT OF CHRIST NOW GLOWS IN AND  
THROUGH EVERY CELL OF MY BODY.

I REJOICE IN the realization that my body is composed only of spiritual elements. Every cell of my body is a living center of radiant life activity. Every cell of my body is pervaded, held together, and regulated by God intelligence. That in my body which I call flesh and bone is but my limited conception of the potential Christ body that is within me. My body is wondrously responsive to my word of praise and recognition and will outpicture whatever I wholeheartedly believe it to be. If I declare with mind, with voice, and with right action that my body is now and eternally animated with Christ life, Christ intelligence, Christ substance, I shall experience what I believe in my flesh.

The life and activity of Spirit is ever unfolding, renewing, resurrecting. Aging, disintegrating processes have no place in this life. Therefore when I consciously identify my body with this life, it cannot decrease in efficiency, beauty, or perfection.

♣ *It is no longer I that live, but Christ liveth in me.*  
—GAL. 2:20.



JANUARY 12

## Wednesday

I LET THE LOVING-KINDNESS OF JESUS CHRIST  
MOTIVATE MY EVERY THOUGHT, WORD, AND  
ACT.

**T**HIS DAY I think lovingly about every person who comes into my mind or life. I love each one as a perfect child of God, and I joyously behold the Christ possibilities in each of them. I give thanks for the Christ intelligence that animates their bodies and praise the all-healing life that pulses through their being. When peculiarities, annoying habits, or irritating appearances of any kind cause me to become the least bit critical or impatient with others, I stop right there and say: "Christ is the only truth of your being. I react only to the Christ in you."

When I see good in another I am generous with words of sincere praise, and when I see qualities that are not so good, I praise the Christ ability in them that can overcome this negation. I remember to speak thoughtful words of appreciation to those I love, never taking them for granted, and I also remember to be a friend to those who are lonely, and in need of understanding and kindness.

✿ *And above all these things put on love, which is the bond of perfectness.—COL. 3:14.*

# January Thaw

JAMES DILLET FREEMAN

I woke and heard the dripping in the night.  
It did not sound like rain; it had a more  
Deliberate note that I had heard before  
Somewhere. I saw that moon and stars were bright  
And felt that there would be a south wind blowing  
Outside—and then I knew this was the thaw.  
I lay and listened and I felt and saw  
In the black winter night the winter going.  
I heard the drip-drip-dripping, heard the pelt  
Of ice from frozen boughs and dark roof edges,  
Pocking the dirty snow and driving wedges  
Of spring into the winter's heart, and felt  
How clear across the State the people were  
Twisting in dreams and coming half awake.  
Feeling inside them something change and break.  
Far back on ice-locked streams I sensed the stir,  
A sense of some divine event, a waking,  
And in the aching buds and underground  
In seeds that slept too deep for sight or sound  
Somehow a sense of something in the making.  
Spring was a long way off, and yet I felt  
Spring in the air—I could not say what day  
It would arrive but it was on the way;  
And in my heart the ice began to melt!



# Thursday

JANUARY 13

I DO NOT RESIST CHANGE IN MY LIFE, FOR I TRUST IN GOD TO BRING ME EVER GREATER GOOD.

WHEN CHANGE seems imminent in your life do you become fearful, cling to the old, and resist the new? If you do you may be closing the channels for greater happiness, achievement, and satisfaction than you can vision for yourself. God's opportunities are all around you, but if you are afraid to let go of your present way of life you cannot receive the greater good that is in store for you.

"To them that love God all things work together for good." If you love God and have faith in His power of good at work in your affairs you will not fear change. Life never remains static for anyone, and if you accept willingly and with an open mind the changes that come you further your growth and development.

Refuse to accept the thought that you are limited in any way by your present circumstances. Be alert to see new opportunities, and if they involve change do not be afraid but trust God.

☛ *The latter glory of this house shall be greater than the former, saith Jehovah.—HAG. 2:9.*

JANUARY 14

*Friday*

DIVINE ORDER AND HARMONY ARE NOW ESTABLISHED IN MY MIND, BODY, AND AFFAIRS THROUGH THE POWER OF THE INDWELLING CHRIST.

**I** HAVE THE power to establish divine order in my mind, body, and affairs. This power is mine, not through will power or personal effort but through the Christ in me, God's own Spirit in me.

The indwelling Christ is the Spirit in me that is wise with the wisdom of God, that is strong with the strength of God. It is the Spirit in me that enables me to think clearly and logically, to act wisely and efficiently. The indwelling Christ enables me to see beyond confusion or disorder, it gives me an understanding of the right way to handle things.

The power of the indwelling Christ does not work apart from me but works through me, through my mind, my heart, my hands. The power of the indwelling Christ is expressed through me in right attitudes; it is expressed through me as a sense of order and fitness.

✿ *Ye yourselves are full of goodness, filled with all knowledge.—ROM. 15:14.*

# Saturday

JANUARY 15

I AM CENTERED AND POISED IN THE CHRIST MIND, AND NOTHING CAN DISTURB THE CALM PEACE OF MY SOUL.

I WILL BEGIN this day by establishing a sense of divine peace and poise in myself. I can do this by taking an affirmation like the one given above. This helps me establish a pattern for my attitudes and reactions, and I find it easier to keep calm and poised all day long.

If during the day I find myself becoming disturbed or upset I bring myself back to inner poise by reaffirming the thought for the day.

To be centered and poised in the Christ mind does not mean to be passive or indifferent to conditions around me, but when I am spiritually balanced, as it were, I find that I am more capable of handling the situations that arise.

Inner poise helps me to make right decisions, it helps me to be understanding, it helps me to be in control of myself and my emotions.

I am centered and poised in the Christ mind and nothing can disturb the calm peace of my soul.

\* *The work of righteousness shall be peace; and the effect of righteousness, quietness and confidence for ever.—Isa. 32:17.*

JANUARY 16

## Sunday

THIS DAY I WILL ABIDE IN THE SPIRIT OF PRAISE. I WILL CONTINUALLY REJOICE AND GIVE THANKS.

**M**Y HEART is lifted up in praise to Thee today. I behold Thee, Creator, infinite in wisdom, majesty, and power. Galaxies of stars hold me enthralled in wordless wonder. Sun, moon, earth, winds, and waves move in ceaseless grandeur. Thou hast spread them before thee as a garment. Yet in infinite, tender patience Thou dost bless me in my soul unfoldment.

In each cell of my body Thou hast imaged Thy life. Into my heart Thy love moves to raise an altar of worship.

My mind, my soul, my whole being praises Thee. The spirit of praise fills every facet of my expression. I rise to bless Thee. I have no need unsupplied, no thirst unslaked, no dream unfulfilled with Thy beneficence.

This day I abide in praise. I praise Thee that all is met before I call. I praise Thee continuously and joyously. I praise Thee for all I see, hear, and enjoy, for all the unseen gifts of Thy grace.

✿ *We thank thee, and praise thy glorious name.*—I CHRON. 29:13.

# Monday

JANUARY 17

## I PRACTICE THE PRESENCE OF GOD IN MY LIFE.

I DO NOT need to withdraw myself from the activities of daily living or become a recluse in order to practice God's presence in my life. I can practice the presence of God right where I am.

I reject thoughts of inharmony, sickness, lack, or unhappiness. By rejecting these thoughts and thinking of the peace and harmony and love of God I gradually build a sense of the presence of God in my life. Thus as I imbue my thoughts with His presence I can go about my daily activities with poise and confidence. I am not afraid or disquieted, for I know that God will counsel and guide me and show me the way of joyous living.

If I find myself indulging in negative thinking I bring my thoughts back again by getting still for a moment and realizing the presence of God.

As I realize that I am a child of God, that His Spirit is in me, it becomes increasingly easy to practice His presence and receive His help.

*I sought Jehovah, and he answered me,  
And delivered me from all my fears.*

—PSALMS 34:4.



JANUARY 18

## Tuesday

I AM STRONG AND RESOLUTE, FOR I KNOW THAT GOD'S STRENGTH SUSTAINS AND UPHOLDS ME AT ALL TIMES.

I KNOW THAT God is the source of my strength, the strength of my body and mind and spirit. No longer will I think of my body as weak and tired, but I will see it as the dwelling place of His ever-renewing vigor and energy. I will give thanks for the strength to complete all my tasks swiftly and tirelessly.

I will not think of my mind as limited in its ability to make quick, sure decisions or as incapable of grasping new ideas. I will give thanks for the power to think clearly and resolutely and to make decisions speedily and wisely.

I will no longer think of my spirit as unstable and inconstant, unable to meet the stress and strain of life's problems. Instead I will see myself as I truly am, strong and dauntless and rising victoriously above every obstacle.

I am not weak physically, mentally, or spiritually, but I am strong with the strength of God who is all-powerful.

☛ *I can do all things in him that strengtheneth me.*  
—PHIL. 4:13.

## I HAVE FAITH IN GOD.

**J**ESUS NAMED faith as essential to answered prayer: "According to your faith be it done unto you." If faith is essential to answered prayer, how can we acquire the faith that is essential to the healing we desire so much, to the overcoming for which we have been praying?

Faith is not something that we can suddenly command to come into consciousness. You may know that faith is all that you need for your healing, that in Spirit you are already whole, that all you need to do is to accept your healing; but how can you acquire the faith that is required?

The Bible says, "I know him whom I have believed." We cannot have faith in God unless we know Him. The closer we draw to God in consciousness, the greater is our faith. With every thought of God we have drawn a little closer to Him in consciousness.

Your prayers do not change God; they change you. If the blessing for which you pray is not brought forth in this present instant do not be discouraged. Know that God's good is ever at hand, that your good will come forth.

♣ *I know him whom I have believed.*—II TIM. 1:12.

JANUARY 20

## Thursday

IN QUIETNESS AND CONFIDENCE I TURN TO THE INFINITE SOURCE OF WISDOM WITHIN ME, AND I AM ILLUMINED IN ALL MY WAYS.

—UNITY ILLUMINATION THOUGHT.

**I**N THIS YEAR of 1949 we shall find many opportunities to increase in spiritual stature and in favor with God and man. Daily, even hourly, there will come to us opportunities to venture upon what are for us untried paths, to accept and learn newly discovered truths, perhaps we shall even have to learn new ways of performing our routine daily tasks.

Let us rejoice in every new opportunity. God has endowed us with many talents and abilities. We can do all things with His help. God does not set before us any task that exceeds our ability to perform it, but He does expect us to cast off our lethargy and to call upon and use His mighty power resident within us to achieve a brilliant victory over every challenge.

In quietness and confidence we turn to the infinite source of wisdom within us. We are illumined in all our ways, we receive power from on high, and victory with God is ours.

• *Wisdom is a strength to the wise man.*—ECCLES. 7:19.

MY THOUGHT IS RICH WITH THE BOUNTY OF  
GOD.—UNITY PROSPERITY THOUGHT.

ONE OF the basic truths about successful demonstration of prosperity may be put in these words: "Rich thoughts produce a rich harvest." Poverty is not a condition that is imposed upon us; it is the harvest of our poor thoughts; and if we will, we can rise out of poverty into plenty that is truly amazing.

It is not easy to behold spiritual abundance and affirm the reality of plenty when all about us there is the appearance of lack. But lack is put to rout when we clothe our thoughts in the rich garments of spiritual substance by affirming our faith in the truth that God is our supply. God is our Father whose resources are infinite. His love for us is so great that He would give us all that is in His store if we would but recognize it and receive it.

Our Father bids us think of Him as perfect divine supply for every need. He speaks to us in these powerful words: "All things that are mine are thine." Resolve now to accept your divine bounty. Think rich, become rich.

✿ *They shall prosper that love thee.*—PSALMS 122:6.

IN QUIETNESS AND CONFIDENCE I REALIZE  
THE PERFECTION OF THE SPIRIT OF HEALTH.

—UNITY HEALING THOUGHT.

**I**N QUIETNESS and confidence I realize the perfection of the Spirit of health. God is this moment lighting my darkness with His abundant life. He is this moment bringing me swift healing. Through His grace and Truth I am healed.

Within me there dwells the Spirit of health. This Spirit is perfect because it is the very Spirit of God Himself, who is perfection. I let go of thoughts of ill-health and suffering, and in quietness and confidence affirm my trust in God's Spirit of health. I affirm my willingness for this Spirit to become manifest in me, to rebuild, invigorate, and vitalize every cell with radiant divine life.

Quietly, confidently, in perfect faith, I let the will of the Spirit of health be done in me. I accept my healing with joy. I feel new life permeating me, transforming weakness into strength, making me whole and well. I realize the perfection of the Spirit of health.

☛ *Jehovah bindeth up the hurt of his people, and healeth the stroke of their wound.—ISA. 30:26.*

# Sunday

JANUARY 23

TODAY THE WILL OF THE FATHER IS DONE  
IN ME.

THE POWER of effective prayer is unlimited by time or space. With God all things are possible, and if my prayer is sincere and full of faith it can set in motion all the forces necessary to solve any problem.

Today I pray for my own good to come to me, yet I remain pliable, ready to change if my vision of my good is not as great as God's vision for me.

I pray for God's good will to be done in my life. I pray in the name of the Son, identifying myself with Jesus Christ, and allowing my own Christ self to be dominant in my life.

I pray that the power of the Holy Spirit, which fills the whole universe, may be quickened in me so that I may be filled with light and energy and power.

Prayer puts me in harmony with the divine law, and healing power flows through me. My body, my affairs, my personal relations feel the effect of my fervent prayer. Today the will of the Father is done in me.

✱ *For there are three who bear witness . . . and the three agree in one.*—I JOHN 5:8.

JANUARY 24

## Monday

YESTERDAY'S MISTAKES ARE FORGIVEN, TOMORROW IS IN GOD'S CARE, TODAY I DWELL IN OMNIPRESENCE.

I BLESS ALL my yesterdays without exception, and I give thanks to God for the wonderful ways in which I have emerged from every experience. I refuse to believe that my past is valuable time lost forever. I know that now, this moment, is an eternal opportunity to begin again. I am a better person today because of the experiences through which I have passed, for they have all helped me to rely more and more upon God within me.

I bless all my tomorrows. I do not worry about anything in the future, for I know that God is the only presence in my life tomorrow, even as He is the only presence today. Now and forevermore God is my inexhaustible supply, my sustaining life, my absolute and unfailing security. I am the ever-unfolding expression of every good thing.

I bless today. I rejoice that the full perfection and power of God are everywhere equally present, here and now.

✠ *Jesus Christ is the same yesterday and to-day, yea and for ever.*—HEB. 13:8.

# Tuesday

JANUARY 25

WHEREVER I AM GOD IS.

**G**OD'S HELP is instantly available to me, for wherever I am God is. He is in the midst of me, a mighty protecting presence.

There is no situation that the power of God in me cannot meet. There is no path that the light of God in me cannot make plain. There is no person or thing, no circumstance that the love of God cannot bless.

Wherever I am God is. When I realize this and express the qualities of God—love, faith, joy, peace, courage—I bring God, good, into visible manifestation. God is in me. God is expressed through me.

If I am afraid I will not give way to my fear, but I will declare God's presence of courage and power in me.

I know that even as God is in me He is present in all persons and things. I will trust in His presence.

Where God is good is. Where I am God is, so where I am good is.

*Jehovah is the strength of my life;  
Of whom shall I be afraid?*

—PSALMS 27:1.



JANUARY 26

## Wednesday

GOD IS MY SUPPLY AND MY SUPPORT, AND I  
TRUST HIM UTTERLY.

**I**F I AM without employment I need not become fearful and worried. I remember that this need can become an opportunity for me to increase my faith in God as my supply and support.

He who created me, making me in His image and likeness, will not fail me. He is my all-sufficiency in all things. He will lead me to my right place, where I can give of my talents and abilities and receive just compensation in return.

All God's children are His agents, so He must work through human hands and hearts to perform His miracles of good. He has innumerable channels and countless methods by which my good can come. The person who directs me to my good and the employer who hires me are the channels God uses to bring His good into my life.

I go forward in confidence and faith and with inner freedom and joy as I look for work. God is indeed my supply, my support, and my help in every need.

☛ *Fear not; for I am with thee . . . I will work, and who can hinder it?—ISA. 43:5, 13.*

THROUGH MY THOUGHTS AND WORDS I DECREE MY GOOD.

**B**Y MY vision and faith I decree my good and determine the extent of its manifestation. The thoughts I think, the words I speak form the nucleus of the good I desire in my life.

It is God's will for me that I enjoy the utmost of perfection and richness in my life. I do my part in establishing God's will by making sure that my words are positive and constructive, that they are words born of understanding and faith in the good, that they are words worthy of the Spirit of God in me.

Through joyous affirmation of life and health my body is energized and healed. Words inspired by love and faith can imbue my affairs with the Christ Spirit of harmony and success. Words acknowledging God as the all-providing source can bring forth abundant prosperity.

Through my use of good words I can bless my family and friends; I can bless all the world with peace, joy, and plenty.

*How forcible are words of uprightness!  
But your reproof, what doth it reprove?*  
—JOB 6:25.

THE KNOWLEDGE THAT GOD DIRECTS ALL MY ACTIVITIES FILLS ME WITH ENTHUSIASM.

WHATEVER MY work may be, it will take on new significance and new appeal for me when I understand that God is with me in all that I do. What may seem an unimportant, monotonous routine or actual drudgery becomes an opportunity and a privilege under the blessing of God's love.

Encouraged by the Christ Spirit within me I turn to my work with new enthusiasm and zest. I find happiness in it, knowing that the all-wise Spirit guides me into my true and most productive sphere of work.

I can do anything with interest and joy if it is done to the glory of God and with His love in my heart.

The knowledge that God directs all my activities fills me with enthusiasm. My work is fruitful and I am a blessing to those about me, for I realize the truth that God is with me, that He works through me.

☛ *Yet now be strong . . . saith Jehovah . . . and be strong, all ye people of the land, saith Jehovah, and work: for I am with you.—HAG. 2:4.*

THE HEALING SPIRIT OF GOD PERMEATES AND PENETRATES EVERY CELL AND ATOM OF ALL CREATION.

**I** REJOICE, and my heart is filled with peace, for I know that all creation is eternally infolded in the "everlasting arms" of God. His life-giving Spirit is the source of all things, and His loving, healing presence fills and surrounds every person, thing, and condition, including myself.

No matter where I turn my thoughts, no matter what persons or situations confront me, there I behold the living presence of God. I praise His wisdom that illumines the governmental heads of all nations, I have faith in His healing life that flows through all people.

This whole world is filled with His harmonizing Spirit, and all living creatures and growing things are blessed in His infinite care.

God is everywhere. Healing life is everywhere. Harmonizing love is everywhere. All-supplying substance is everywhere. My good is right here where I am, within me and all about me.

✿ *One God and Father of all, who is over all, and through all, and in all.*—EPH. 4:5.

JANUARY 30

## Sunday

I AM CONTINUALLY AWARE OF GOD'S GUIDANCE WISELY AND CLEARLY DIRECTING MY PATH.

WHEN I am aware of the constant availability of God's wise and loving counsel I am no longer anxious and doubtful about the path I should take. Nothing can confuse me or make me doubt the ultimate outworking of good in my affairs when I am continually conscious of my oneness with God and His wisdom.

If I am perplexed about the next step to take I turn in perfect trust to God for direction. I release all thoughts of tension from my mind and realize that His light is shining clearly, illumining me and revealing my way before me.

Sometimes inspiration comes very suddenly and clearly, but if it does not come in this way I do not become discouraged and feel that I have failed to contact God's wisdom. Often guidance comes gradually and almost imperceptibly. I learn to accept the convictions that come by degrees as divine direction and go forward confidently.

☛ *Jehovah will guide thee continually, and satisfy thy soul.—ISA. 58:11.*

# Monday

JANUARY 31

IN GOD I LIVE, MOVE, AND HAVE MY BEING.  
HE SATISFIES MY LONGING SOUL AND FILLS  
MY LIFE WITH HIS GOOD.

ALL OF US have experienced times of loneliness, times when our life seemed meaningless and without purpose. We have times when we wonder if we shall ever be truly happy, if we shall ever feel truly satisfied.

We think sometimes that if the circumstances of our life were different we could be happy. We think that if we had the companionship and love of some other person we would be happy.

But the soul is not satisfied, a feeling of separation persists, until we come to realize our true self, our identity as a spiritual being, our oneness with God.

Even when our spirit seems at the lowest ebb, our answer is close at hand. When through prayer we get a realization of God's presence within us, we begin to find ourselves. We gain the feeling that we belong, that we are needed. We are "no more strangers and sojourners, but . . . of the household of God." We no longer feel that life is passing us by, but we become active participants in life.

☛ *My soul shall be satisfied.*—PSALMS 63:5.

## NOTICE

It has been decided that a biography of Charles Fillmore is to be prepared. While actual publication may be several years away, the search for good material is on.

Charles Fillmore was such a colorful individual that anybody who met him is likely to have recollections of him that would be excellent biographical material. All such persons are hereby invited to submit appropriate items to the editor of this magazine. Even a small incident or anecdote may be valuable. The intention is to enlist the help of those who wish to contribute their loving bit to a volume portraying this great man. Obviously it will not be possible to use all the ideas that are submitted—there will certainly be duplications and other prohibiting factors; but all will receive careful consideration.

We offer thanks in advance to all who help in this important work.

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## WAIT BEFORE WRITING

During the latter part of the Christmas season handling, transportation, and delivery of mail may be slowed, so please allow plenty of time for your Unity orders and the Unity periodicals you regularly receive to reach you. While the Christmas mail congestion lasts into January, practically no mail is lost as a result, but delays do occur. Will you assist us by waiting patiently for your literature to arrive? Thank you.

# News of "Unity City"



1. Campanile. 2. Silent Unity Building. 3. Printing Building. 4. Maintenance Buildings. 5. Office Building Under Construction.

For more than a quarter of a century to millions of people all over the world Unity has been identified with the address "917 Tracy, Kansas City, Missouri." Some time next year Unity's new address will be Unity Farm.

The Farm is located on U. S. Highway No. 50 and is seventeen miles southeast of Kansas City. Almost thirty years ago the first sixty acres of this now thirteen-hundred-acre tract was purchased by men with the vision of a great spiritual center, from which the word of Truth would radiate around the world and to which Truth students would turn for instruction and prayer. This was to be "Unity City."

Since then the work of making the vision a reality has gone slowly but persistently forward. Slowly the Farm has been made into a place of "green pastures"



and "still waters" and the needed buildings are being erected. In 1947 our printing department moved into its building at the Farm. It is expected that Silent Unity will move into its building next spring. A building to house the general offices of Unity School, including the administrative, subscription, and a number of other departments is under construction now.

Much more construction work is necessary before "Unity City" will be completely prepared to fill all the demands that will be made on it, but the moving of headquarters to the site chosen for it so many years ago will mark a milestone in Unity's progress.

This move to "Unity City" means much to us, because it increases our ability to serve more people; and we want you to know that we appreciate what you have done to make it possible. The growth of this work has been made possible because you have loved Unity and have expressed this love by your blessings and your offerings. As the buildings rise in usefulness and beauty we bear in mind that there is not a stone lifted into place but what God through you has provided. You may think of your gift as small. Yet perhaps a rose in one of the gardens of prayer is there because of you, and someone walking there, in need and seeing it, may be lifted up in heart. A gift that is large in love and faith can never be small in the sight of God.

Unity City means the opportunity to render more effective service in spreading Truth. This is the sole purpose of Unity—of Silent Unity, of all our publications, of all the buildings we are building, and of all the equipment in them—to serve God through serving you.

## Turn Your Dreams into Demonstrations in 1949!

If in your heart you cherish a worthy dream, God will help you to achieve its fulfillment. Every sincere, unselfish desire that you have was implanted in you by your all-loving Father, who wants you to claim your good. So why wait any longer? Begin now to demonstrate your dreams into visibility! Let 1949 be the year of your greatest demonstrations of God's love and abundance!

For practical guidance in turning your dreams into demonstrations you will find in the Prosperity Bank plan just the help you need. It is a daily program of realization that the Father's abundance is already yours.

When you send for a Bank, Silent Unity prays with you for your success. Each day as you pray, remember to bless a portion of your substance and place it in the Bank. The amount you save may be used to send *Daily Word* gift subscriptions to your friends, thus giving you a convenient way of sharing the truth of God's love with others.

Unity School of Christianity, 917 Tracy, Kansas City 6, Mo.

Please send me a Prosperity Bank and enter a year's subscription for *Daily Word* for each of the persons here named. I will save \$3 for the subscriptions, which are to begin at once. I ask the prayers of Silent Unity for my success.

1. Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

2. Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

3. Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

SENDER'S NAME \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Please indicate postal zone numbers, if cities are so divided.

*Your Child Would Like*

## *Wee Wisdom*



*Wee Wisdom* is Unity's magazine for children from five to thirteen years of age. It has brought instruction and pleasure to three generations of children.

*Wee Wisdom* is a welcome supplement to daily class lessons, for it features stories and poems that will help stimulate the child's interest in learning to read or in improving his reading skill. Each month he will have a "new and different" magazine to share with his class. The suggestions for things to make and to do will fill those afterschool hours with constructive entertainment.

*Wee Wisdom* is \$2 a year



Filled with many colorful illustrations and the highest type of children's reading, *Wee Wisdom* is only \$2 for a year's subscription. Why not send for a subscription for your child now, so that he can have the magazine the rest of the school year?

UNITY SCHOOL OF CHRISTIANITY, 917 TRACY, KANSAS CITY 6, MO.

## *Here Is a New Year*

JUSTINE HUNTLEY ULP

Here is a new year,  
Fresh and white.  
Write on its pages  
With living light.

Here is a doorway  
To joys unknown.  
Walk through with faith  
And claim your own!

Here is a bright dawn  
Of golden days.  
Lift up your eyes  
And shout His praise.

Here is a pathway  
To deeper prayer.  
Here is a new year  
To love and share!

